

MEDICINAL USE OF BHRINGRAJA (*ECLIPTA ALBA* HASSK.): A REVIEW ARTICLE**Dr. Vikram Sidh* and Dr. Omprakash Sharma***

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ABSTRACT

Bhringraj (*Eclipta prostrata* or *Eclipta alba*) is a famous herb known for its benefits and usage in hair growth and liver disorders. It is also an effective medicine for skin diseases, cough, asthma, eye disorders and disease related to any part of the head. It improves hair growth, prevents hair fall and treats premature graying of hair. It is more beneficial in chronic skin diseases including pruritis (intense itching), chronic wounds, skin ulcers, atopic dermatitis (eczema) etc. It increases the production of bile from the liver, improves liver functions, reduces constipation and corrects digestion and enhance metabolism.

KEYWORDS: Bhringraj, Hair growth, skin ulcers.**INTRODUCTION**

Bhringraj is also called False Daisy in English. The accepted botanical name of Bhringraj is *Eclipta Prostrata*. It is also known with the name of *Eclipta alba* which is botanical synonym of *Eclipta Prostrata*.

Botanical Name - *Eclipta Prostrata*
Botanical Synonym - *Eclipta alba*, *Verbesina Prostrata*, *Eclipta Erecta*, *Eclipta punctata*, *Verbesina alba*
Common Name – False Daisy
English Name – False Daisy
Family - Asteraceae

Name in another languages

Sanskrit – Keshraj, Bhringraja, Bhangra, Markav, Keshranjan

Gujarati – Bhangro

Telugu – Galgara

Marathi – Maka

Punjabi – Bhangra

Bengali - Kesuria

Ayurvedic Properties

Rasa – Katu, Tikta

Guna – Ruksha, Laghu

Virya – Ushna

Vipaka – Katu

Dosha karma – Mainly reduces Kapha dosha and pacifies Vata dosha.

Organ Effect – Hair, Skin, Teeth, Eyes, Liver.

Medicinal Uses

Bhringraj has following healing properties:

1. Keshya (promotes hair growth)
2. Varnya (improves skin complexion)
3. Drishti vardhak
4. Hepatic stimulant
5. Appetizer
6. Digestive stimulant
7. Antiflulant
8. Anthelmintic
9. Carminative
10. Cholagogue
11. Detoxifying
12. Neuroprotective

Medicinal Parts

- Whole part or Panchang

Powder Dosage

- Swarasa – 5-10 mL

Main Components

Bhringraj is claimed for containing Ecliptine and Nicotine. However, Nicotine was not found in a trial conducted for the detection of Nicotine in *Eclipta Alba* leaves. Instead Wedelic acid and 7-O-Glucoside were found in the same study.

- Ecliptin alkaloids
- Wedelolactone element

Therapeutic Indications

It is therapeutically indicated in the following health conditions:

1. Hair fall
2. Hair thinning
3. Premature graying of hair
4. Scalp itching
5. Pruritus
6. Urticaria
7. Skin blisters and eruptions with Kapha or Vata dominating symptoms
8. Loss of appetite
9. Jaundice
10. Piles
11. Abdominal pain

Ayurvedic Formulations of Bhringraja

1. Bhringraj churana
2. Bhringraja ghrit
3. Bhringraja oil
4. Bhringrajadi churana
5. Bhringrajasasv
6. Gunjadi oil
7. Mahabhringraj oil
8. Narasimha Rasayanam
9. Neelibhringadi oil
10. Shadbindu oil
11. Suthsekhar ras

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